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ABSTRACT

Morehead State University conducted inservice workshops in home management for 42 social caseworkers in eastern Kentucky. The subjects covered were community resources; family planning; clothing, gardening, and nutrition; and environmental sanitation and home nursing. Teaching methods included lectures, field trips, buzz sessions, questions and answers, group presentations, movies, film strips, and transparencies. Participants felt the most interesting subjects were sanitation, home nursing, gardening, family planning, and nutrition for the elderly. The lecture method was rated most effective; films and film strips were also ranked high; discussion groups were rated least effective. Before the workshops, sanitation and home nursing had been the least familiar topics; it was felt that they were well covered but there was a need for more material on home nursing. After several weeks, a followup questionnaire showed that participants felt the information about food stamps and donated food programs, environmental sanitation, community resource agencies, and home nursing had been most beneficial to case workers when working with clients. Money management and family planning were topics they felt least prepared to discuss with their clients. (EB)

N-X

IN-SERVICE EDUCATION FOR CASE WORKERS IN HOME MANAGEMENT IMPROVEMENT FOR WELFARE RECIPIENT FAMILIES IN TEN EASTERN KENTUCKY COUNTIES

- ANNUAL REPORT --

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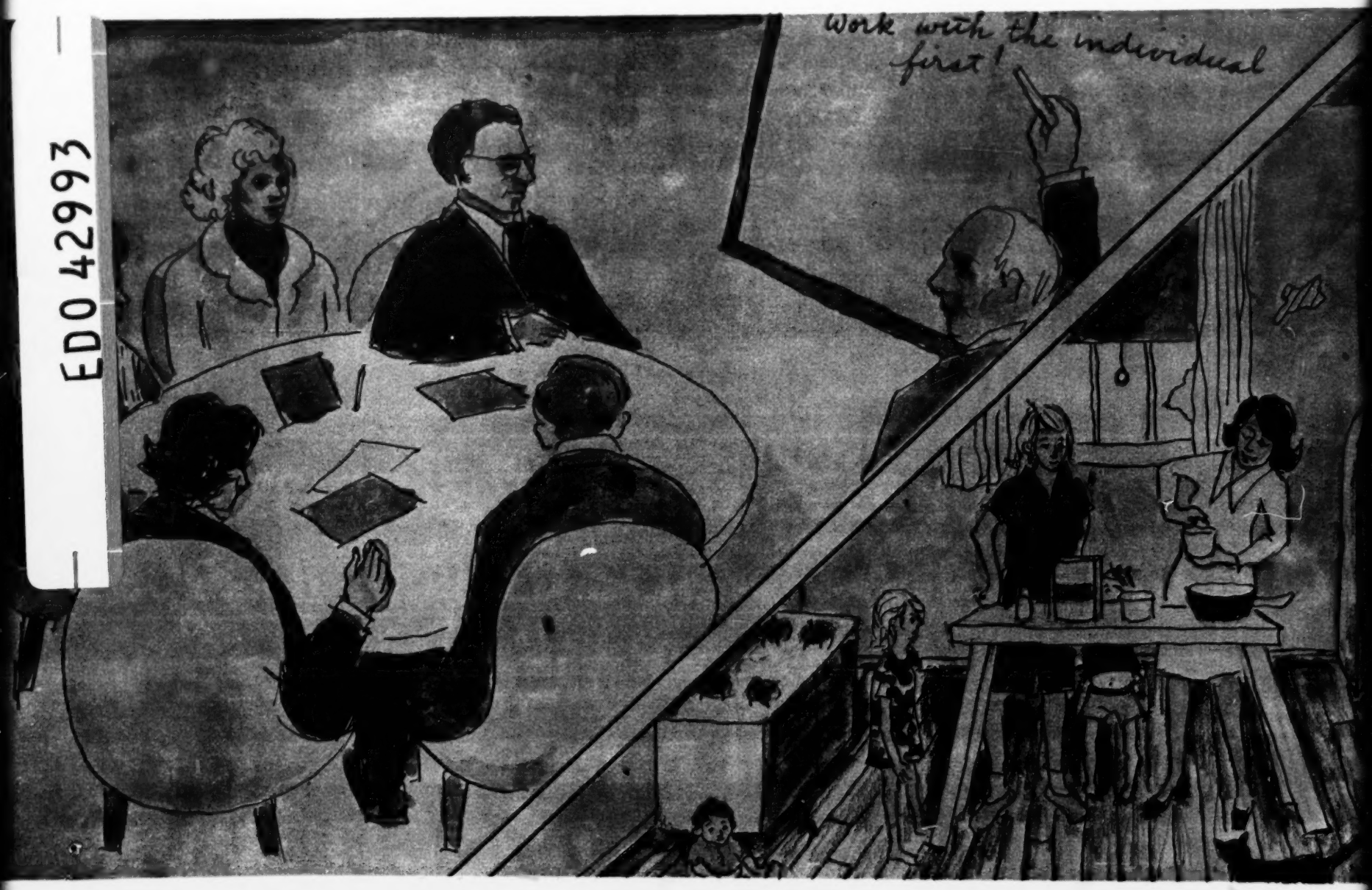

DEPARTMENT OF HOME ECONOMICS
SCHOOL OF APPLIED SCIENCES AND TECHNOLOGY
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In-Service Education for Case Workers in Home Management Improvement for Welfare Recipient Families in Ten Eastern Kentucky Counties

Final Report

September 1, 1968 - August 15, 1970

Department of Home Economics

School of Applied Science and Technology

Morehead State University

Morehead, KY 40351

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The project described herein has been supported in part by a grant from Title I, Higher Education Act of 1965; the Office of Economic Security, Frankfort, Kentucky; and Morehead State University.

Program Identification

1. In-Service Education for Case Workers in Home Management Improvement for Welfare Recipient Families in Ten Eastern Kentucky Counties
2. Project Number: 68-005-013
3. Project Director: Sallie L. Allen
4. Reporting Period: September 1, 1968 - August 15, 1970
5. Date of Report: August 15, 1970

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Introduction

The research project, "In-Service Education for Case Workers in Home Management Improvement for Welfare Recipient Families in Ten Eastern Kentucky Counties," was designed to increase the talents of the Department of Economic Security Case Workers from a ten-county area of Eastern Kentucky. The Project was administered by Morehead State University and was funded by Title I, Higher Education Act of 1965; the Department of Economic Security, Frankfort, Kentucky; and Morehead State University. The project served case workers from the Kentucky counties of Bath, Fleming, Mason, Menifee, Montgomery, Nicholas, Powell, Robertson, Rowan, and Wolfe.

Need for the Project

The need for the project stemmed from welfare recipients' inability to spend wisely the family resources and public assistance stipends. The Office of Economic Security determined that their employees would greatly benefit from an in-service experience in home management so that these individuals could work in this area with the welfare recipient family.

Purpose

The purpose of this project was to increase the talents of the Office of Economic Security case workers from a ten-county area of Eastern Kentucky by utilizing Morehead State University resources during a one-year model program.

Procedure

Morehead State University conducted two series of in-service workshops for 42 case workers within the ten-county area. Workshop schedules were staggered in time so that county offices could remain open during

workshop periods. Each workshop was conducted in four segments of two-day duration. For ease of description, the first series of workshops was designated as the BLUE workshop; the second series of workshops was identified as the GOLD workshop; the third series of workshops was identified as the RED workshop; and the fourth series of workshops was designated as the GREEN workshop.

Advisory Committee

An Advisory Committee was established to assist in developing the basic core program for the workshops. The committee members were as follows:

Miss Sallie Allen, Project Director, Instructor of Home Ecnomics, Morehead State University, Morehead, Kentucky.

Mrs. Lucille Brislan. Home Economist, Bureau of Public Assistance Department of Economic Security, Frankfort, Kentucky.

Mr. Richard G. Crowe, Research Assistant, Research and Development Center, Morehead State University, Morehead, Kentucky.

Dr. C. Nelson Grote, Dean of the School of Applied Science and Technology, Morehead State University, Morehead, Kentucky.

Mrs. Carole Morella, Administrative Assistant, Research and Development, Morehead State University, Morehead, Kentucky.

Dr. Morris Norfleet, Vice President for Research and Development, Morehead State University, Morehead, Kentucky.

Mr. Ernest Rall, Director of Division of Program Development and Evaluation, Bureau of Public Assistance, Department of Economic Security, Frankfort Kentucky.

Mrs. Katharine Riddle, Consulting Nutritionist, Morehead, Kentucky.

Dr. Jean K. Snyder, Head, Home Economics Department, Morehead State University, Morehead, Kentucky.

Mrs. Ann Hall Taylor, Special Program Director, Department of Economic Security, Frankfort, Kentucky.

Blue Workshop
(Group 1 and Group 2)

Objectives

The main objective of this workshop was to acquaint the social case workers with the various official and unofficial organizations within their counties which could provide services for their clients receiving Public Assistance. The initial workshop utilized representatives from the Cave Run Mental Health--Mental Retardation Center; Farmers Home Administration; University of Kentucky Extension Service; American Life and Health Insurance Company; and the Kentucky Food Stamp Program. The workshop participants were able to gain valuable information about acquiring loans, food budgeting, types of insurance available, planning adequate and nutritious meals using either Food Stamps or Donated Foods, and mental health concepts and available services.

Participants

The initial group (Group 1) of twenty-one (21) case workers attended the first two-day segment of the Blue workshop. The second group (Group 2) of twenty-one (21) case workers attended the second two-day segment of the workshop.

Table 1

Number of Participants from Each County

County	No. in Attendance	County	No. in Attendance
Bath	7	Nicholas	2
Fleming	3	Powell	4
Mason	4	Robertson	1
Menifee	2	Rowan	5
Montgomery	8	Wolfe	6

Consultants

The Project Director was assisted with plans for the workshop segments by many professional people in the region. The following were consultants utilized during the first segment.

Mr. Harold Bellamy, Representative, American Health and Life Insurance, Company, Morehead, Kentucky.

Mrs. Lucille Brislan, Home Economist, Bureau of Public Assistance, Department of Economic Security, Frankfort, Kentucky.

Mrs. Robin Byron, Extension Specialist with the Food Stamps Program, Flemingsburg, Kentucky.

Mrs. Mary Ann Campbell, Extension Specialist with the Donated Foods Program, Flemingsburg, Kentucky.

Mrs. Judith Clough, Director, Cave Run Mental Health--Mental Retardation Center, Morehead, Kentucky.

Mr. Bob Cunningham, Officer in Charge of Food and Nutrition Service, Morehead, Kentucky.

Mr. Harry Hitch, Director, Institute on Aging, Morehead State University, Morehead, Kentucky.

Mr. Carl Horne, Area Representative, Consumer Marketing Service, Prestonsburg, Kentucky.

Mrs. Floy Patton, Assistant Professor of Home Economics, Morehead State University, Morehead, Kentucky.

Miss Bonnie Seal, Coordinator, Institute on Aging, Morehead State University, Morehead, Kentucky.

Mr. Jack Waddell, Supervisor of Food Stamps Program, Bureau of Public Assistance, Department of Economic Security, Frankfort, Kentucky.

Mr. Boyd Wheeler, Area Director of Extension Agents, University of Kentucky, Lexington, Kentucky.

Mr. John Zachery, Farmers Home Administration, Morehead, Kentucky.

Blue Workshop Schedule

The first group of case workers met October 21 and 22, 1969 for the first segment of the Blue Workshop. The schedule was as follows:

October 21

9:00 a.m. Introduction--Background and purpose of Home Management Project by Dean C. Nelson Grote of the School of Applied Science and Technology at Morehead State University

9:15 a.m. Obtaining Loans and Credit On A Limited Income
Speaker: John Zachery representing Farmers Home Administration

10:00 a.m. Food Stamps
Resource People: Carl Horne, Area Representative for Consumer Marketing Service
Jack Waddell, Supervisor of Food Stamps Program, Bureau of Public Assistance

Discussion Groups

11:00 a.m. Interpretation of the services done within the community and county by the Agricultural Extension Service
Speaker: Boyd Wheeler, Area Director of Extension Agents from the University of Kentucky, Lexington, Kentucky

12:00 Lunch

1:00 p.m. Tips on Budgeting Your Money
Speaker: Floy Patton, Assistant Professor of Home Economics at Morehead State University

2:00 p.m. Visit to Regional Mental Retardation Clinic in Morehead
Speaker: Mrs. Judith Clough, Director of the Cave Run Mental Health--Mental Retardation Center

3:00 p.m. Adjournment

October 22

9:00 a.m. Analysis of Actual Examples of Budgeting Involving the Case Worker in Ten-County Area
Advisors: Sallie L. Allen, Director of Home Management Improvement Project
Lucille Brislan, Home Economist, Department of Economic Security

10:30 a.m. Types of Insurance for Low Income Families
Speaker: Harold Bellamy, Representative of American Health and Life Insurance Company

11:15 a.m. Coming Events--Sallie Allen, Project Director

11:30 a.m. Lunch

1:00 p.m. Shopping with Food Stamps
Selection of Foods
Use of Donated Foods
Menu Planning
Speakers: Mrs. Robin Byron, Extension Specialist with the Food Stamps Program in Owingsville, Kentucky
Mrs. Lucille Brislan, Home Economist, Department of Economic Security

The second group of case workers met October 23 and 24 for the second segment of the Blue Workshop. An identical schedule was followed.

Distributed Materials

Pamphlets, booklets, and various written materials were distributed as visual aids during the Blue Workshop. The materials aided the speakers in clarifying information for the case workers, and were samples of materials available to the case workers.

American Health and Life Insurance Company, Baltimore, Maryland.

Hospital Expense Loss Protection
Let's Take a Look At Hospital Costs

Superintendent of Documents, United States Government Printing Office, Washington, D.C. 20402.

A Variety of Fruits and Vegetables
Beef and Pork
Canned Chopped Meat or Canned Luncheon Meat

Canned Food Tables
Clean Beds for a Clean House
Daily Food Guide
Donated Cracked Wheat Bulgar
Donated Nonfat Dry Milk
Donated Rolled Wheat
Eggs
Enriched Cornmeal
Enriched Rice
Evaporated Milk
Fish
Fruits and Vegetables for Vitamin C
Get Rid of Garbage and Trash
How to Buy series
Instant Non Fat Dry Milk
Mini-Meals with Macaroni
Peanut Butter
Poultry
Raisins
The In Way to Meal Making
Vegetables and Fruits for Vitamin A
Whole Grain or Enriched Breads

University of Kentucky, Cooperative Extension Service, Agriculture and Home Economics, Lexington, Kentucky.

Food Builds Healthy Children
How to Make Yeast Rolls
Let's Be Neat and Clean
Shelves for Your Kitchen

Gold Workshop
(Group 1 and Group 2)

Objectives

The main objective of the workshop was to inform the social case workers of the importance of world, national, and local population control through family planning. During the workshop, birth control methods were presented and explained by speakers representing various health organizations in the state. Techniques of approaching family members about family planning were discussed.

Participants

The first group (Group 1) of twenty-one (21) case workers attended the first two-day segment of the Gold workshop. The second group (Group 2) of case workers had twelve (12) in attendance the first day of the second segment and twenty-one (21) in attendance the second day. The absences were caused by heavy snow fall and hazardous road conditions in the area.

Table 2

Number of Participants from Each County

County	No. in Attendance	County	No. in Attendance
Bath	7	Nicholas	2
Fleming	3	Powell	4
Mason	4	Robertson	1
Menifee	2	Rowan	5
Montgomery	8	Wolfe	6

Consultants

The Project Director was aided in planning the second workshop segment by several professional people. The following were consultants for the segment:

Mr. Samuel Bowman, Acting Director of Nursing Program, Morehead State University, Morehead, Kentucky.

Mrs. Lucille Brislan, Home Economist, Bureau of Public Assistance, Department of Economic Security, Frankfort, Kentucky.

Dr. Linda Fagan, Director of Madison County and Powell County Health Departments, Richmond, Kentucky.

Mr. Jon Groteluschen, Program Administrator for Title I, Lexington, Kentucky.

Dr. A.S. Holmes, Director of Mountain Maternal Health League, Berea, Kentucky.

Mr. Wesley Leach, Director of Peace Corps, University of Kentucky, Lexington, Kentucky.

Mr. Larry Netherton, Morehead State University, Morehead, Kentucky.

Mrs. Lynda Peters, Project Developer, Mountain Maternal Health League, Berea, Kentucky.

Gold Workshop Schedule

The first group of case workers met December 16 and 17, 1969, for the first segment of the Gold workshop. The segment was scheduled as follows:

December 16

9:00 a.m. Introduction by Sallie Allen, Project Director
The participants were asked to write questions for discussion on family planning. They were to be reviewed during the summary session of the workshop segment.

9:30 a.m. Population and Local, National, World Views on Family Planning
Speaker: Dr. A.S. Holmes, Director of Mountain Maternal Health League, Berea, Kentucky
Film: "Family Planning"

10:30 a.m. Film: "Questions and Answers" with narration by Dr. Alan Guttmacher, President of Planned Parenthood--World Population Council

11:00 a.m. How to Survey Family Planning Services in Your Community and County
Speaker: Miss Sallie Allen, Instructor of Home Economics Morehead State University

11:30 a.m. Lunch

12:30 p.m. Understanding Methods of Family Planning
Speaker: Dr. Linda Fagan, Director of Madison and Powell Counties Health Departments

2:00 p.m. Film: "Confidence By Choice" follwed by discussion

3:00 p.m. Adjournment

December 17

9:00 a.m. Study Groups--The workshop participants divided into two groups to discuss the various areas of birth control, family planning, and population control.
Group Leaders: Mrs. Lynda Peters, Project Developer, Mountain Maternal Health League, Berea, Kentucky.
Mr. Samuel Bowman, Acting Director of Nursing Program, Morehead State University.

11:30 a.m. Lunch

12:30 p.m. Study Groups (continued)

2:00-3:00 p.m. Closing Session
Report from study groups
Review of participants' questions

The second group of case workers met December 18 and 19 for the second segment of the Gold workshop. An identical schedule was followed.

Films

Films were used as supplementary materials by speakers at the Gold workshop. The films were shown as indicated on the workshop schedule listed on previous pages of this report.

Planned Parenthood--World Population Film Library, 267 West 25th Street, New York, New York 10022.

FAMILY PLANNING

Donald Duck stars in this animated cartoon made by the Walt Disney Studio for the Population Council. The accent here is on population problems in the developing nations and the role of family planning in solving these problems and making individual family life better.

QUESTIONS AND ANSWERS ABOUT BIRTH CONTROL

A group of yound adults ask Dr. Alan F. Guttmacher, President of the Planned Parenthood--World Population Council, questions about birth control. The answers are frank, direct, and factual, and they are supplemented by line drawings and actual contraceptive devices.

Ortho Pharmaceutical Corporation, Rariton, New Jersey 08869.

CONFIDENCE BY CHOICE

The film gives a detailed description of all methods of contraception including the 1966 F.D.A. findings about the pill (oral contraceptive). Also included is a demonstration of the insertion of an IUD (intrauterine device) by a gynecologist.

Distributed Materials

The following visual aids were distributed at the Gold workshop to clarify information and to familiarize the case worker with available material.

Campana Corporation, Batavia, Illinois.

Getting To Know Yourself

The Emko Company, 7912 Manchester Avenue, St. Louis Missouri.

Choosing a Modern . . . Birth Control Method
Facts About EMKO
Take a Chance Dan

Ortho Pharmaceutical Corporation, Raritan, New Jersey 08869.

A Woman's Guide to the Methods of Postponing or Preventing Pregnancy

Planned Parenthood--World Population, 515 Madison Avenue, New York, New York 10022.

Have Your Next Baby When You Want To
Modern Methods of Birth Control
Questions and Answers about the Birth Control Pill
Questions and Answers about Intrauterine Devices
To Be A Mother--To Be A Father

Red Workshop
(Group 1 and Group 2)

Objectives

The main objective of this workshop was to increase the social case workers knowledge in the areas of clothing, gardening, and nutrition. The clothing presentation was planned to include discussions on consumer textiles, construction techniques, buymanship, and other topics from which the welfare recipient could benefit. The presentation on home gardening was planned to aid indigent families increase their resources. Prenatal and infant nutrition were stressed in the nutrition presentation.

Participants

The initial group (Group 1) of twenty-one (21) case workers attended the first two-day segment of the Red workshop. The second group (Group 2) of twenty-one (21) case workers attended the second two-day segment of the workshop. The number of case workers from each county attending the workshop is shown in Table 3.

Table 3

Number of Participants from Each County

County	No. in Attendance	County	No. in Attendance
Bath	7	Nicholas	2
Fleming	3	Powell	4
Mason	4	Robertson	1
Menifee	2	Rowan	5
Montgomery	8	Wolfe	6

Consultants

The Project Director was assisted by many professional people in the region while planning the workshop segments. The following consultants were utilized during the third segment:

Mrs. Lucille Brislan, Home Economist, Bureau of Public Assistance, Department of Economic Security, Frankfort, Kentucky.

Mrs. Sandra Donovan, Instructor of Home Economics, Morehead State University, Morehead, Kentucky.

Miss Sarah Gilbert, Graduate Assistant, Home Economics, Morehead State University, Morehead, Kentucky.

Mrs. Cristina Long, Instructor of Home Economics, Morehead State University, Morehead, Kentucky.

Mrs. Katharine Riddle, Consulting Nutritionist, Morehead, Kentucky.

Dr. Jean Snyder, Head, Department of Home Economics, Morehead State University, Morehead, Kentucky.

Mr. Robert Wolfe, Instructor, Agriculture Department, Morehead State University, Morehead, Kentucky.

Red Workshop Schedule

The first group (Group 1) of participants met March 17, 1970 for the first segment of the Red workshop. The schedule was as follows:

March 17

9:00 a.m.	Introduction
9:15 a.m.	Prenatal and Infant Nutrition Speaker: Mrs. Katharine Riddle, Nutritionist
11:00 a.m.	Lunch
11:30 a.m.	Prenatal and Infant Nutrition Speaker: Mrs. Katharine Riddle
1:00 p.m.	Consumer Textiles Speaker: Mrs. Cristina Long, Instructor of Home Economics, Morehead State University Film Strip: "Shopper's Hidden Treasure"
2:00 p.m.	Renovations and Fittings Speaker: Mrs. Sandra Donovan, Instructor of Home Economics, Morehead State University
3:00 p.m.	Adjournment

March 18

9:00 a.m. Gardening
Speakers: Mr. Robert Wolfe, Instructor of Agriculture, Morehead State University

10:30 a.m. Construction Techniques
Speaker: Dr. Jean Snyder, Head, Department of Home Economics, Morehead State University

11:00 a.m. Lunch

11:30 a.m. Wardrobe Planning
Speakers: Dr. Jean Snyder
Miss Sarah Gilbert, Graduate Assistant, Home Economics, Morehead State University

12:30 Buymanship
Speakers: Dr. Jean Snyder
Miss Doris Gray, Home Economics student, Morehead State University
Miss Phyllis Champ, Home Economics student, Morehead State University

1:30 p.m. Construction Techniques
Speaker: Dr. Jean Snyder

2:00 p.m. Care of Clothing
Speaker: Mrs. Cristina Long
Film strip: "Fiber Care"

3:00 p.m. Adjournment

The second group of case workers met March 19 and 20 for the second segment of the Red workshop. An identical schedule was followed.

Filmstrips

Visual Education Consultants, Inc., Madison 1 Wisconsin

FIBER CARE

Gives a brief description of the characteristics of the natural and man-made fibers and instructions on the care of these fibers.

SHOPPER'S HIDDEN TREASURE

Describes the methods of constructing natural and man-made fibers, blend and combination fibers, yarns, weaves, and finishes.

Transparencies

Golding, Martha, Instructor's Guide to CLOTHING CONSTRUCTION A VISUAL APPROACH, New York, John Wiley and Sons, Inc., 1968.

Distributed Materials

The following visual aids were distributed at the Red workshop to clarify information and to familiarize the case workers with available material.

Johnson and Johnson, New Brunswick, New Jersey

How a Baby Grows

Kentucky State Deparment of Health, Division of Maternal and Child Health, Nutrition Program, 275 East Main Street, Frankfort, Kentucky.

Food for Expectant Mothers

Sears Consumer Information Services, 7401 Skokie Blvd., Skokie, Illinois

Consumer Information Packet

University of Kentucky, Cooperative Extension Service, Agriculture and Home Economics, Lexington, Kentucky.

A Good Fit in Your Dress
Are You Buying a Coat or Suit?
Cleaning and Adjusting Your Sewing Machine
Clothing Dollars and Sense
Fabrics--Clues to Shopping and Care
Fabrics--Cotton
Fabric Tips Permanent Press
Fabric Tips Knits
Fabric Tips Stretch
Fabric Tips Wash and Wear
How to Measure Your Size
Makeovers--Ideas for Children's Clothes
Setting In Sleeves
Shoes--Selection and Care
Small Equipment for Better Sewing
Suggestions for Making Over Clothes
The Voice of Clothing
What Dresses Look Best on You?
When You Buy a Slip
Your Children's Clothes
Your Hem

Green Workshop
(Group 1 and Group 2)

Objectives

The main objective of this workshop was to increase the social case worker's knowledge in the areas of the environmental sanitation, home nursing, and nutrition. Environmental sanitation included the topics of safe water supplies, sewage disposal, and food service. Techniques in caring for the bed ridden patients were demonstrated in the home nursing presentation. Nutrition for the elderly was emphasized during the nutrition presentation.

Participants

The first group (Group 1) of twenty-one (21) case workers attended the first two-day segment of the Green workshop. The second group (Group 2) of twenty-one (21) case workers attended the second two-day segment. The number of case workers from each county attending the Green workshop is shown in Table 4.

Table 4

Number of Participants from Each County

County	No. in Attendance	County	No. in Attendance
Bath	7	Nicholas	2
Fleming	3	Powell	4
Mason	4	Robertson	1
Menifee	2	Rowan	5
Montgomery	8	Wolfe	6

Consultants

The Project Director was aided in planning the Green workshop segment by several professional people. The following were consultants for the segment:

Mr. Samuel Bowman, Acting Director of Nursing Program, Morehead State University, Morehead, Kentucky.

Mrs. Lucille Brislan, Home Economist, Bureau of Public Assistance, Department of Economic Security, Frankfort, Kentucky.

Mrs. Mignon Doran, Director of Personal Development Institute, Morehead State University, Morehead, Kentucky.

Mrs. Katharine Riddle, Consulting Nutritionist, Morehead, Kentucky.

Mr. Steven Sandlin, Area Sanitarian, Kentucky State Department of Health, Buckhorn, Kentucky.

Green Workshop Schedule

The first group of case workers met May 5 and 6, 1970 for the first segment of the Green workshop. The first segment was scheduled as follows:

May 5

9:00 a.m.	Introduction:	Miss Sallie Allen, Project Director
9:10 a.m.	Nutrition for the Elderly Speaker:	Miss Sallie Allen
11:00 a.m.	Workshop Evaluation Forms Explained by:	Miss Sallie Allen
11:30 a.m.	Lunch Catered by:	Home Economics Class in Advanced Food Production at Morehead State University
12:30 p.m.	Home Nursing Speaker:	Mr. Samuel Bowman, Acting Director of Nursing Program, Morehead State University
3:00 p.m.	Adjournment	

May 6

9:00 a.m.	Environmental Sanitation Speaker:	Mr. Steven Sandlin, Area Sanitarian, Kentucky State Department of Health
11:30 a.m.	Lunch	
12:30 p.m.	Environmental Sanitation Speaker:	Mr. Steven Sandlin
1:30 p.m.	Personal Development Speaker:	Mrs. Mignon Doran, Director of Personal Development Institute, Morehead State University

2:30 p.m. Evaluation: Miss Sallie Allen

3:00 p.m. Adjournment

The second group of case workers met May 7 and 8, 1970 for the second segment of the Green workshop. The segment was scheduled as follows:

May 7

9:00 a.m. Introduction: Miss Sallie Allen, Project Director

9:10 a.m. Workshop Evaluation Form
Explained by: Miss Sallie Allen

9:30 a.m. Environmental Sanitation
Speaker: Mr. Steven Sandlin, Area Sanitarian, Kentucky State Department of Health

11:30 a.m. Lunch
Catered by; Home Economics Class in Advanced Food Production at Morehead State University

12:30 p.m. Environmental Sanitation
Speaker: Mr. Steven Sandlin

1:30 p.m. Nutrition for the Elderly
Speaker: Mrs. Katharine Riddle, Nutritionist

3:00 p.m. Adjournment

May 8

9:00 a.m. Working for Nutritional Change
Speaker: Mrs. Katharine Riddle, Nutritionist

11:00 a.m. Food Fads and Fallacies
Speaker: Miss Sallie Allen

11:30 a.m. Lunch

12:30 p.m. Home Nursing
Speaker: Mr. Samuel Bowman, Acting Director of Nursing, Morehead State University

2:40 p.m. Evaluation: Miss Sallie Allen

3:00 p.m. Adjournment

Distributed Materials

The following materials were distributed as visual aids at the Green workshop. They were used as examples of materials available to the case workers and to clarify information presented by the speakers.

American Medical Association, 535 North Dearborn Street, Chicago, Illinois

Your Age and Your Diet

Cone Mills Inc., 1440 Broadway, New York 18, New York

Cone Towel Quickies
Your Guide to Sewing with Corduroy by Cone

Household Finance Corporation, Prudential Plaza, Chicago, Illinois

Mind Your Money When You Shop
Mind Your Money When You Spend
Mind Your Money When You Use Credit
Money Management--Your Clothing Dollar
Money Management--Your Food Dollar
Your Guide for Teaching Money Management

University of Kentucky Cooperative Extension Service, Agriculture and Home Economics, Lexington, Kentucky.

A Clean Bathroom--for a Clean House
A Clean House Is Important
A Clean Refrigerator--for a Clean House
Clean Clothes Closets--for a Clean House
Clean Dishes--for a Clean House
Clean Floors--for a Clean House
Clean Walls, Ceilings, and Woodwork--for a Clean House
Clean Windows, Mirrors, and Other Glass--for a Clean House
Everything In Its Place
Fill Holes and Cracks in Your Floors and Walls
Food Builds Healthy Children
Household Storage--A Place for Everything
How to Salvage or Restore Flood Damaged Food, and Household and Personal Belongings
Improve Your Kitchen Storage
Make Your Wash "Come Clean"

Program Evaluation

A questionnaire (see Appendix B) was administered to the participants during the final workshop sessions. The participants were asked to rank the workshop topics according to interest and usefulness. The eighteen topics were to be ranked with number 1 being the most interesting or useful and number 18 being the least interesting or useful. Results of the questionnaire are shown in Figures 1 and 2, pages 21 and 22 . The topics found to be most interesting and most useful were Sanitation, Home Nursing, Gardening, Family Planning, and Nutrition for the Elderly.

Topics Discussed During Workshops

A--Food Fads and Fallacies

B--Farmers Home Administration

C--Insurance

D--Agriculture Extension Service

E--Construction Techniques

F--Buymanship

G--Views on Family Planning

H--Sanitation

I--Home Nursing

J--Donated Food

K--Renovations

L--Budgeting

M--Gardening

N--Nutrition for the Elderly

O--Textiles

P--Food Stamps

Q--Methods of Family Planning

R--Prenatal Nutrition

The participants were also asked to rate the various types of methodology used in the workshop presentations on a scale of 1 to 5. A rating of 1 indicated the methodology was very poor, and a rating of 5 meant the methodology was very good. Results from this section of the questionnaire are shown in Figure 3, page 23. The type of presentation rated most effective by the participants was the lecture method. Films and film strips were also ranked high. Discussion group presentations were rated

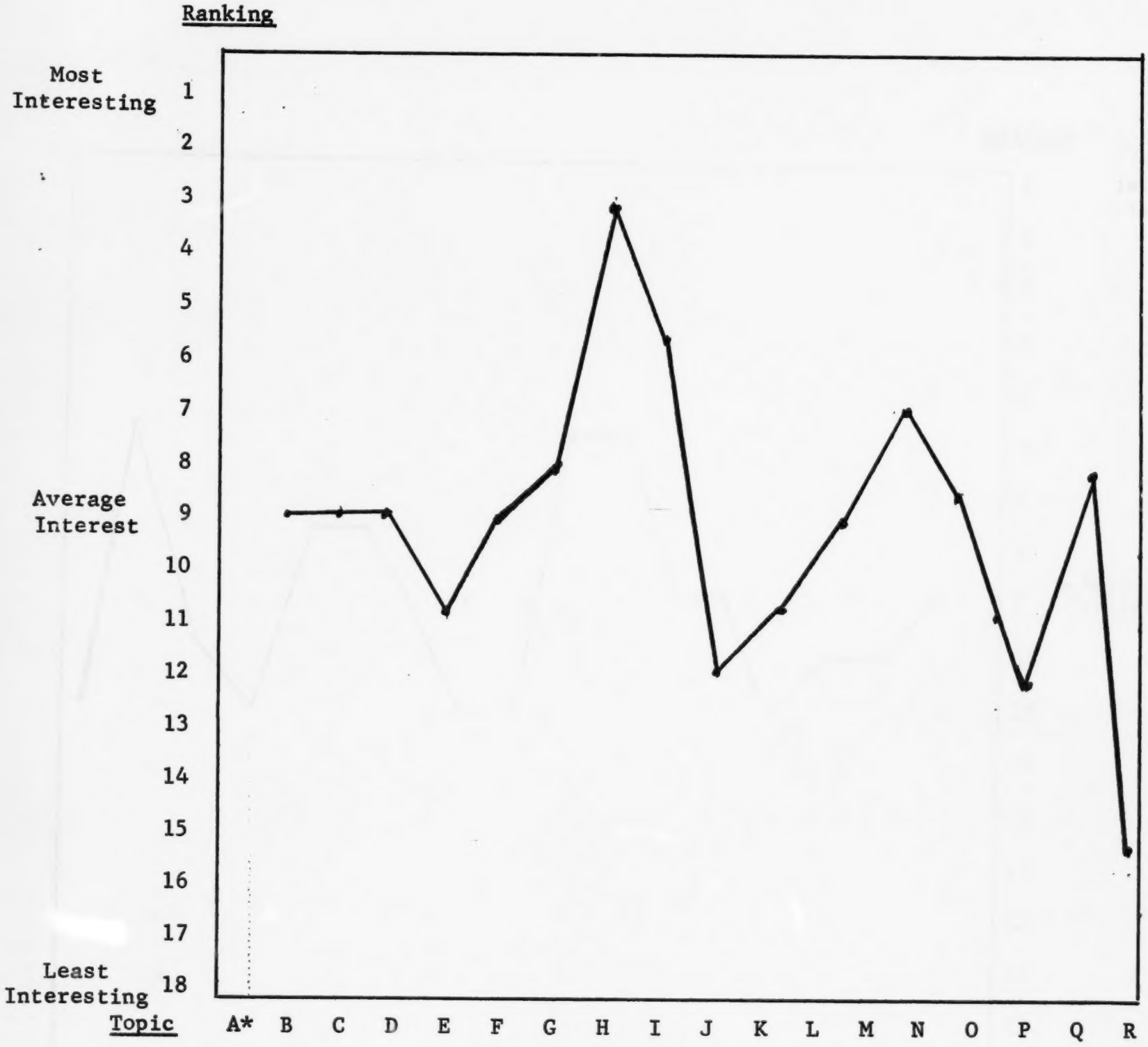


Figure 1

Workshop Topics Ranked By
Participants According
To Interest

*The ranking for A was misleading because only one-half of the group had been given the presentation; therefore, it has been omitted.

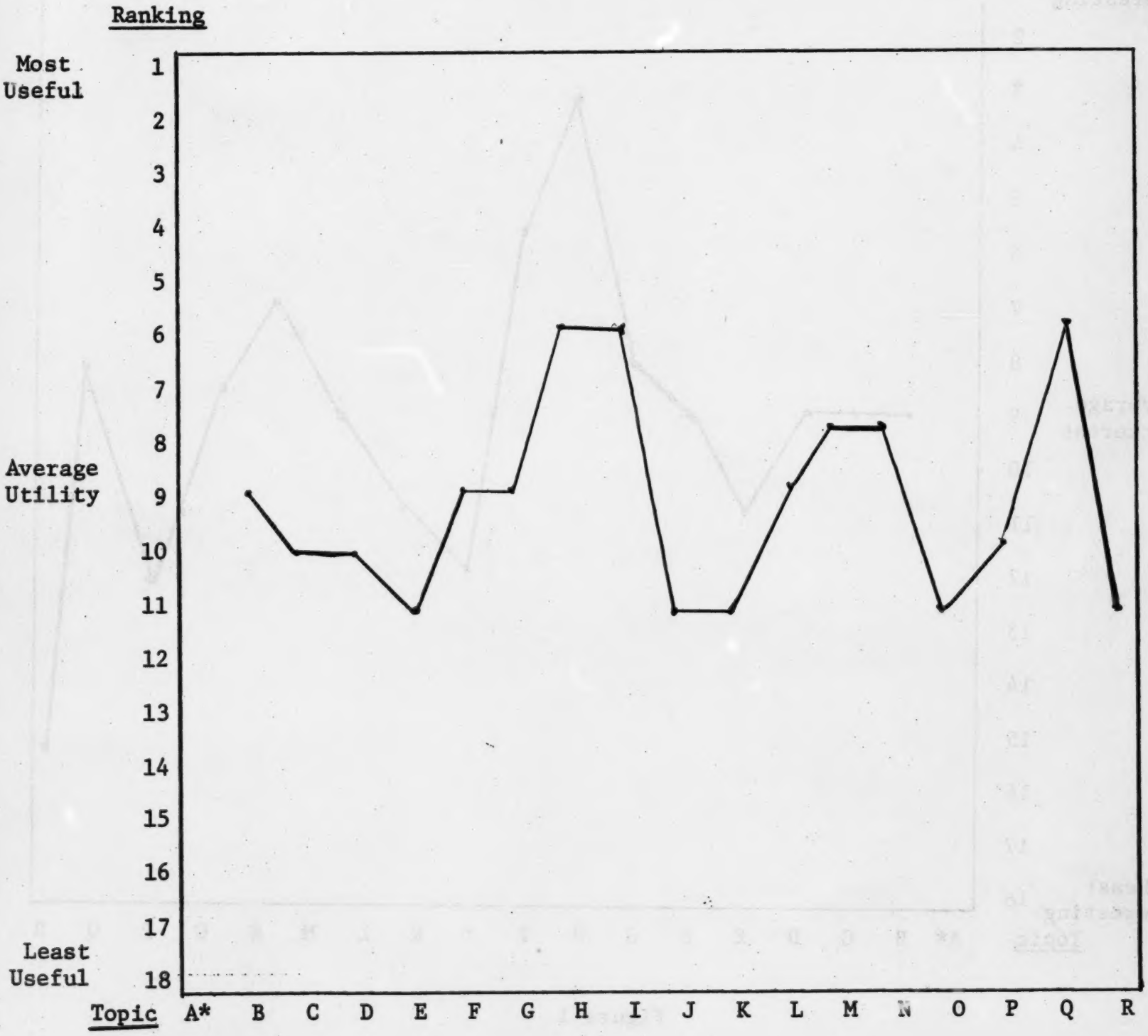


Figure 2

Workshop Topics Ranked By
Participants According
To Usefulness

*The ranking for A was misleading because only one-half of the group had been given the presentation; therefore, it has been omitted.

least effective indicating the participants preferred a teacher-pupil relationship.

Methods Used During Workshops

A--Lectures

B--Field Trips

C_1--Buzz Sessions

C_2--Questions and Answers

C_3--Group Presentations

D--Movies

E--Film Strips

F--Transparencies

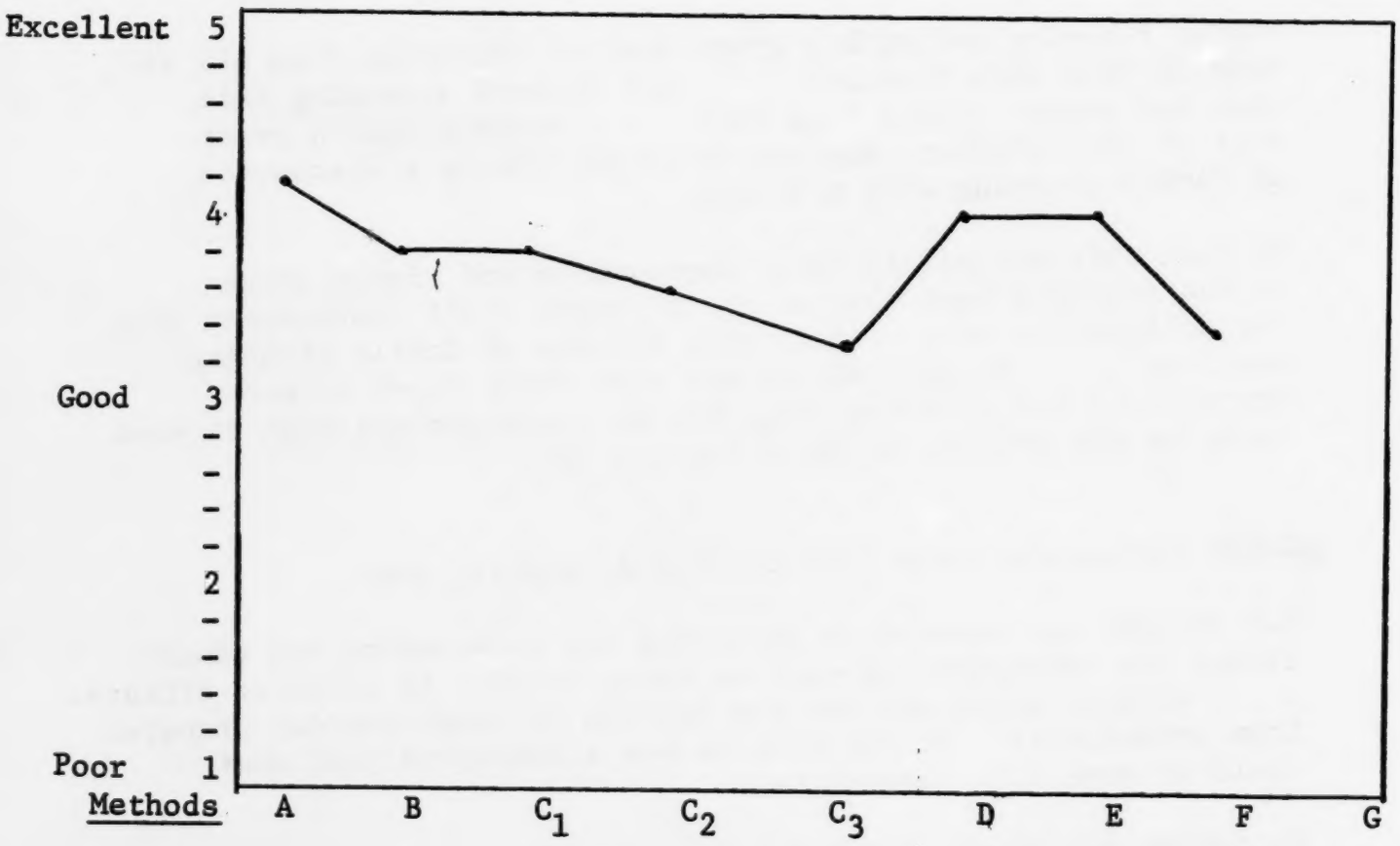


Figure 3

Participants Rating of Methodology
As Used in Workshops

The third section of the questionnaire attempted to measure the participants needs for follow-up information. Participant responses indicated that prior to the workshops Sanitation and Home Nursing were

the least familiar topics. Gardening, Nutrition, and Clothing were indicated to be the more familiar topics. The participants indicated that the topics were thoroughly covered by the workshop presentations, but they were unable to obtain material on the topic of Home Nursing. An effort was made to make this material available in the follow-up information.

Evaluative statements were taken from the Field Office Administrators' (F.O.A.) monthly reports to the Department of Economic Security. Statements pertaining to the Family Planning session are:

> All workers agreed that much was gained at this conference and felt that they were better prepared to pass this type of information on to their clients.
>
> Family Planning met with a great deal of criticism from all attending from this district . . . All workers attending felt they had gained little from this . . . Workers feel a great deal of embarrassment and hesitance in opening a discussion of family planning with a client.
>
> We felt this was particularly appropriate and timely since we had recently been discussing in county staff conferences what our obligations were in informing clients of family planning services . . . We were all agreed that these services were appropriate for some families, but we could not see that it need apply to all females of child bearing age.

Other statements taken from the F.O.A. reports are:

> All thought the session on insurance was outstanding and educational for themselves as well as being helpful in advising clients. . . . Another highlight was the serving of lunch one day prepared from commodities. It was well to see illustrated just what could be done with commodities.
>
> Gardening was timely and O.E.O. is furnishing free seeds so we are trying to sell our clients on gardening.
>
> Most workers thought this (Red workshop) was the most enjoyable and beneficial session . . . It made us want to go immediately to the homes of clients and start teaching them what we had learned.
>
> We all felt our time had been well spent and now if there was just the time to help our clients put into practice what we had learned.

> These (workshops) have been helpful in many ways, but I feel that some topics held more benefit for the workers than could be passed on to the clients . . . The hospitality of the Morehead campus is wonderful . . .

The evaluations from the participants' questionnaires and statements from the F.O.A. reports indicated that the four workshop segments achieved the objectives for which they were designed.

There was much enthusiasm on the part of the participants throughout the program. Helpful criticism of the participants, both positive and negative reactions on presentation and content of the workshops, helped in planning succeeding sessions. The participants indicated that the information presented would prove useful, especially if, as one worker said, she could "forget the Manual of Operations, and spend my time going into their homes and showing them how . . ."

Impact of the Project on Morehead State University

The faculty and staff of Morehead State University are always pleased to be of service to people from the region. This service is seen as one of the functions of the University.

Through the implementation of this Title I project, the University has been brought more closely in touch with the problems of the Social Welfare Case workers as they counsel with families, and in turn, they have been a part of the University during each of the workshops and we hope were made to feel welcome to pursue special needs with us.

In the past, several of our Home Economics graduates have been employed as Social Welfare workers; at present, others are following a course with a double major or a major-minor in Home Economics and Social Welfare. A cooperative effort such as the recent project points out more clearly to the faculty the needs of such students.

Conducting the workshops has been somewhat difficult because of its nature and the fact that it was a pilot program. Both groups, the Department of Economic Security and Morehead State University staff showed flexibility when various scheduling problems were met. Persons in charge were most helpful and cooperative, as were those who, as representatives of other organizations were called upon to assist in the planning in the actual presentation of the numerous segments of the workshops.

We hope the project has been helpful to the case workers; we feel persons involved in the advisory or teaching capacities felt they profited from the experience.

Suggestions for Future Programs

The Project Director should play a major role in the planning and writing of a project such as this. It is recommended that program suggestions be obtained from the case workers and clients who will be among the participants at the workshop sessions. The educational background and experience of the participants should be considered when planning the content and types of presentations.

Follow-up Activities

Several weeks after the final workshop, follow-up questionnaire (see Appendix C) was sent to all participating case workers and a 50 percent return was obtained. The participants were asked to indicate whether the project topics had been useful or not useful in their case work. The results are shown in Figure 4, page 27.

The information obtained concerning Food Stamps and Donated Food Programs, Environmental Sanitation, Community Resource Agencies, and Home Nursing had been most beneficial to the case workers when working with their clients. The questionnaire also asked which subjects the participants

wanted discussed in more depth. This information is represented in Figure 5.

Topics Discussed During Workshops

A--Resource Agencies
B--Clothing
C--Food Program
D--Nutrition
E--Insurance
F--Money Management
G--Family Planning
H--Home Nursing
I--Environmental Sanitation
J--Gardening

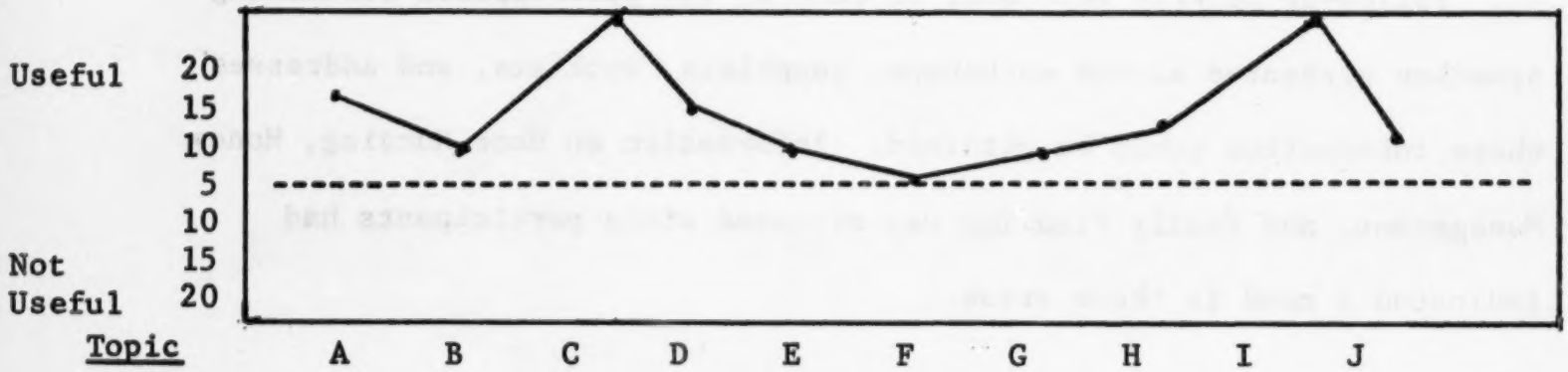


Figure 4

Follow-up Questionnaire Ratings
of Workshop Topics According
To Usefulness

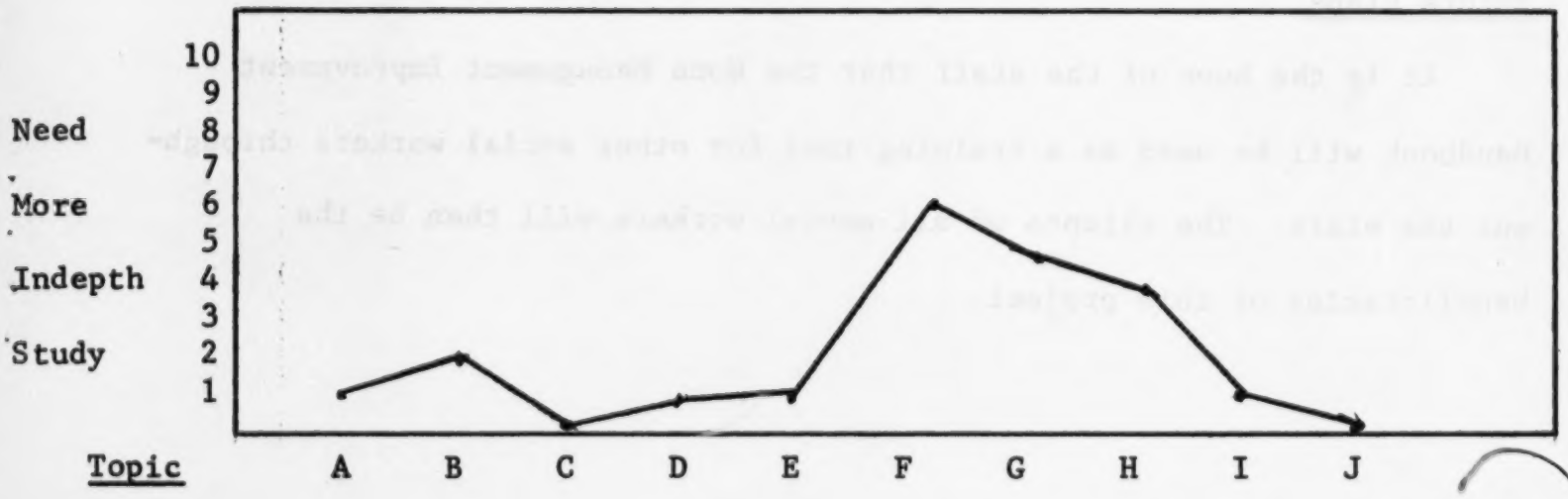


Figure 5

Number of Participants Needing
More Information on Each
Workshop Topic

Money Management and Family Planning are the topics the case workers feel least prepared to discuss with their clients. These topics may require an indepth study in the future. Several of the participants included suggestions which may be useful in future programs of this type.

1. Hold yearly meetings to review information and exchange new ideas.
2. Have one full week of meetings covering all topics instead of four two-day sessions.
3. Include a session on counseling vocational and college students.

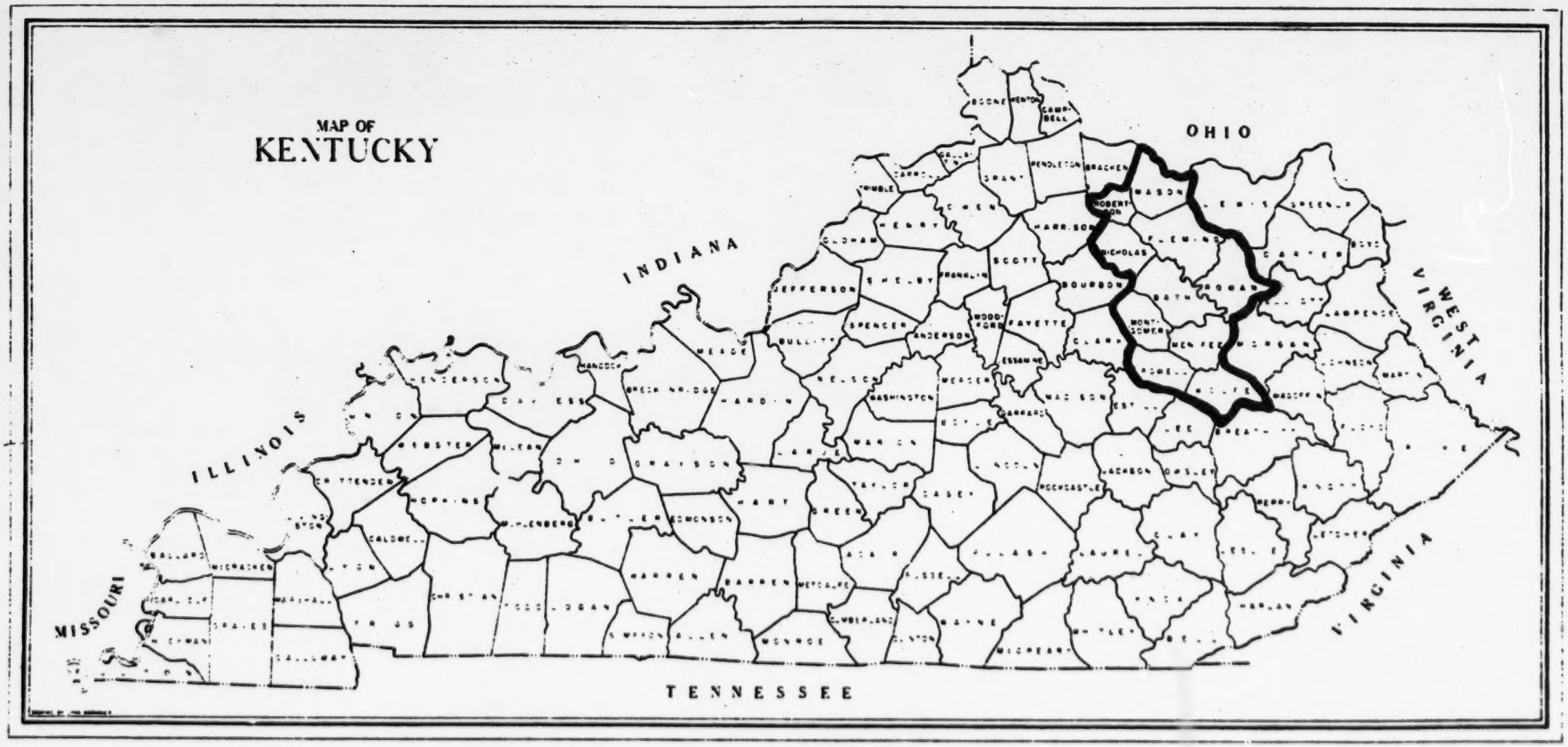
Follow-up packets were sent to each of the participants containing speeches presented at the workshops, pamphlets, booklets, and addresses where information could be obtained. Information on Home Nursing, Money Management, and Family Planning was stressed since participants had indicated a need in these areas.

Home Management Improvement Handbook

A handbook was produced resulting from the model training program. The handbook contains sections on each of the subjects discussed at the workshops. It was designed to assist in the implementation of similar programs at other institutions and agencies.

Future Plans

It is the hope of the staff that the Home Management Improvement Handbook will be used as a training tool for other social workers throughout the state. The clients of all social workers will then be the beneficiaries of this project.



GEOGRAPHIC AREA SERVED BY THE MOREHEAD STATE UNIVERSITY

KENTUCKY DEPARTMENT OF ECONOMIC SECURITY

HOME MANAGEMENT IMPROVEMENT PROJECT

Appendix

Appendix A

Miss Sallie L. Allen, Project Director

B.S. Home Economics, Berea College
M.S. Public Heath Nutrition, Case-Western Reserve University
Dietitics Internship, Harper Hospital, Detroit Michigan
Dietitian, Cleveland, Ohio; Ashland, Kentucky; and Prestonsburg, Kentucky
Instructor, Food Service Administration, Morehead State University

Mrs. Lucille Brislan, Project Consultant

B.S. Home Economics, Ouachita College
M.S. Home Economics, Louisiana State University
Instructor, Home Economics, Ouachita College
Dietitian, Western College, Oxford, Ohio
Home Economist, Bureau of Public Assistance, Department of Economic Security, Frankfort, Kentucky

Mrs. Katharine P. Riddle, Project Consultant

B.S. Home Economics, Park College
M.S. Nutrition, University of Chicago
Missionary, United Presbyterian Church, China and India
Editor, The Landour Cookbook of International Recipes, 1965.
Associate Executive Director, Agricultural Missions, Division of Overseas Ministries, National Council of Churches of Christ
Member of Task Force on Voluntary Action By Women, White House Conference on Food Nutrition and Health, 1969
Author, Food With Dignity, a study of church involvement in problems related to world hunger

Mrs. Mary D. Crowe, Research Assistant

B.S. Home Economics, Morehead State University
Graduate Student, Home Economics, Morehead State University

Mrs. Deborah P. Wallace, Secretary

One-year Secretarial Certificate, Morehead State University
Student, Business and English, Morehead State University

Appendix B

Question I.

Think back over the four workshop segments. Rank the topics which were covered, first in the order of interest to you and then in the order of usefulness in your work. (The topic of most interest would be 1; and of least interest 18.) The topic of most usefulness would be 1; and of least usefulness 18.)

Do each column separately.

	Interest	Usefulness
A. Food Fads and Fallacies		
B. Farmers Home Administration		
C. Insurance		
D. Agriculture Extension Service		
Construction Techniques		
F. Buymanship (Clothing)		
G. Views on Family Planning--Local to World		
H. Sanitation		
I. Home Nursing		
J. Donated Foods		
K. Renovations (Clothing)		
L. Budgeting		
M. Gardening		
N. Nutrition for the Elderly		
O. Textiles		
P. Food Stamps		
Q. Understanding Methods of Family Planning		
R. Prenatal Nutrition		

Question II.

Thinking back over the various methods used to present subject matter rate each method on a scale of 1 to 5 according to their effectiveness:

METHODOLOGY	1 Very Poor	2 Poor	3 Adequate	4 Good	5 Very Good
A. Lectures					
B. Field Trips					
C. Discussion Groups					
1. Buzz Sessions					
2. Questions and Answers					
3. Working Groups on Presentations					
D. Movies					
E. Film Strips					
F. Transparencies					
G. Other					

Question III.

Check either "yes" or "no" in each of the following columns--whichever is appropriate to the question asked:

Subject	I already knew this material		The workshop completely covered this topic		I need additional information		I can obtain resource material	
	yes	no	yes	no	yes	no	yes	no
Clothing								
Community Service Agencies								
Family Planning								
Gardening								
Home Nursing								
Resource Management								
Sanitation								

Appendix C

Follow-up Evaluation

Check the following subjects according to the benefits for you in your case work as to whether you have found the subject material useful or not useful. Please give an example in either case. If you need more space, please use the back of this page.

A. Resource Agencies such as Extension Service ___useful ___not useful. (Please illustrate with an example.)

B. Clothing ___useful ___not useful. (Please illustrate with an example.)

C. Food Programs such as Food Stamps or Donated Food Program ___useful ___not useful. (Please illustrate with an example.)

D. Nutrition for Various Age Groups ___useful ___not useful. (Please illustrate with an example.)

E. Types of Insurance ___useful ___not useful. (Please illustrate with an example.)

F. Money Management ___useful ___not useful. (Please illustrate with an example.)

G. Family Planning ___useful ___not useful. (Please illustrate with an example.)

H. Home Nursing ___useful ___not useful. (Please illustrate with an example.)

I. Environmental Sanitation ___useful ___not useful. (Please illustrate with an example.)

J. Gardening ___useful ___not useful. (Please illustrate with an example.)

Which of the subjects covered would you have wanted to be discussed in more depth?

Please express in your own words the degree of commitment you felt toward the in-service-education program.

Appendix D

Statistical Report

Program Identification: "Education For Case Workers In Home Management Improvement For Welfare Recipient Families in Ten Eastern Kentucky Counties"

Project Number: 68-005-013

1. Participating Institutions: Morehead State University, Department of Economic Security, and Title I.
2. Central Purpose: Improve the service offered by the Public Assistance Case Workers, and improve the resources of the welfare recipient families.
3. Methodology: Workshops
4. Duration of Activities: More than one year.
5. Frequency of Sessions: 4 one-week sessions per year.
6. Instructional Hours: 101-300
7. Prior History: New program.
8. Geographic Area: Multi-county section of the state.
9. Population Served: 20,000 to 25,000
10. Rural area served.
11. Program leadership: University faculty and staff, also consultants.
12. Follow-up Activities: Information packets containing copies of workshop presentations, pamphlets, addresses, etc. were sent to the participants to reinforce what they had learned at the workshops.
13. Evaluation Procedures: Participants reactions (questionnaires).
14. Number of Participants: 42.
15. Demographic data on participants:

    A) Males

        1) Number by age group

            (a) under 21 0

            (b) 21-35 4

(c) 36-55 1

(d) over 55 1

2) Number by education level:

(a) 8th grade or less 0

(b) high school 0

(c) college 5

(d) advanced study 1

B) Females

1) Number by age group:

(a) under 21 0

(b) 21-35 13

(c) 36-55 12

(d) over 55 11

2) Number by education level:

(a) 8th grade or less 32

(b) high school 2

(c) college 0

(d) advanced 2

16. Estimated number of secondary beneficiaries: 9450

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